

**In the Claims**

This listing of the claims replaces all prior versions, and listings of claims in the application.

**Listing of Claims:**

1. (Currently Amended) A training bench for cyclists, the training bench of the type that supports a bicycle having a front wheel, a rear wheel and a pedal crank portion of the bicycle frame, comprising;

a framework, said framework having two parallel, freely rotational end rollers or belts on which engage the front and rear wheels of a the bicycle, respectively; will rest; and

a central support on which [[a]] the frame of the bicycle is cooperatively held supported, said the support including a platform connected to the framework with transverse bars or guides, on which the platform can move in a free or regulated manner, the platform, from its upper base having an elastically deformable anchoring system cooperatively located on an upper surface of the platform, wherein the said anchoring system serving is arranged and configured to act as a holding base for holding a vertical column providing support means for the pedal crank portion of the frame of the bicycle on a free end of the vertical column, said and anchoring system acting as an absorption member to control the movement of the bicycle with regard to the platform and the framework, whereby the frame of the bicycle rests on the vertical column support and is not fixedly connected to the framework.

2. (Currently Amended) The bench according to claim 1, wherein said the platform has one or more parallel through bores, perpendicular to a shaft of the elastically deformable support member the vertical column, wherein the transverse bars are slidably received into the bores of the support member to support the support member on the framework.

3. (Currently Amended) The bench according to claim 1, wherein said the framework is constituted of two or more longitudinal bars, between which the end rollers or belts and said the transverse bars are assembled.

4. (Currently Amended) The bench according to claim 1, further comprising a computerized motor-brake system in the rollers or belts, which allows for different pedaling forces being required by a user, whereby reproducing specific road traffic conditions are reproduced.

5. (Previously Presented) The bench according to claim 1, wherein both the elastic anchoring system and the movement of the platform on the transverse guides are controlled by computerized servomechanisms for the purpose of using the system as a simulator.

6. (Cancelled)

7. (Cancelled)

8. (Cancelled)

9. (New) The bench according to claim 1, wherein a belt cooperatively connects the two parallel, freely rotational end rollers to one another.